

3HO

3HO (Healthy, Happy, Holy Organization) is a sect of Sikhism that started about 1970. It was founded in the West by Harbhajan Singh Khalsa also called as "Yogi Bhajan".^[1] It is also referred in the West as the **Sikh Dharma movement** or **Khalsa Dharma movement**, and 3HO is the official name of their educational branch.^{[2][3][4]} Many Indian origin Sikhs refer to this movement as the **Gora Sikhs** (White Sikhs), while others question whether they are actually Sikhs – something resented by those who belong to^[5].

3HO has a code of conduct called drahit quite similar to the orthodox Khalsa, including the Five Ks. The movement requires both men and women who join it to adopt Sikh names and Khalsa as their surname. Their central beliefs are found in the scripture Guru Granth Sahib. Men and women wear white turbans. The movement is known for including some practices found in certain traditions of Hinduism,^[6] such as vegetarianism, meditation and Yoga, particularly the Kundalini Yoga.^{[4][5]} The Sikh Dharma movement members consider themselves to be Sikhs, but the orthodox Khalsa organization headquartered in Amritsar does not consider them as Sikhs.^{[2][5]} The 3HO Sikhs consider the teachings of Yogi Bhajan as authoritative as the Guru Granth Sahib, and believe openness to Yoga and spiritual ideas as a source of strength.^{[6][7]}

Reception

The Time magazine wrote an article in 1977 describing the devotion by supporters and hostility by opponents for 3HO and Yogi Bhajan, its founder^[8]

The 3HO Sikhs, states Nicola Mooney, have combined "ethic and capitalism" to their spiritual pursuits, with the community creating Yogi Tea and Akal Security brands with a worldwide presence.^[9]

References

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Further reading

- Elsberg, Constance. *Graceful Women: Gender and Identity in an American Sikh Community* University of Tennessee Press, 2006.
- Laue, Thorsten: *Tantra im Westen. Eine religionswissenschaftliche Studie über „Weißes Tantra Yoga“, „Kundalini Yoga“ und „Sikh Dharma“ in Yogi Bhajans „Healthy Happy, Holy Organization“ (3HO) unter besonderer Berücksichtigung der „3H Organisation Deutschland e. V.“*, Münster: LIT, 2012, zugl.: Tübingen, Univ, Diss., 2011, ISBN 978-3-643-11447-1 [in German]
- Laue, Thorsten: *Kundalini Yoga, Yogi Tee und das Wassermannzeitalter Bibliografische Einblicke in die Healthy Happy, Holy Organization (3HO) des Yogi Bhajan*. Tübingen: 2008. Online at "[TOBIAS-lib - Zugang zum Dokument - Kundalini Yoga, Yogi Tee und das Wassermannzeitalter: Bibliografische Einblicke in die Healthy, Happy, Holy Organization \(3HO\) des Yogi Bhajan - Laue, Thorsten](#)". Tobias-lib.ub.uni-tuebingen.de. 2008-10-31 Archived from the original on 2009-06-10. Retrieved 2011-01-02. [in German]
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External links

- [3HO Foundation](#) - 3HO
 - [3HO in the Light of Experience](#) Juan F Lafontaine, Finland (2016)
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